

sometimes

**sometimes you have to lose something
to know
what you
never knew
you
always had**

**sometimes
the journey**

life is not about the destination
its about the journey
its not about winning the game
its about playing it

sometimes
you need to take a chance
to beat unbeatable odds

you need seek blind justice
down the dark road

sometimes
you need to just believe
trust
and act

sometimes
you just need you

survival

between the dark
and the daylight
when all that was certain
seems lost
fight for the spirit in side **you**
fight for it
at any cost

don't be afraid of the darkness
or the things that **you** cant understand
just rely on the soul that's inside **you**
and stretch out **your** open hand

see.....

there is always someone who's been there
ready to send **you** a line
reach out and hold tight
through the long scary night
and **your** courage is what **you** will find

and when the darkness
has lifted
and the sun shines upon **you**
once more
be grateful to those there before you
who gladly opened **their** door

see.....

you took **your** first step
to adjust and accept
now see clearly
what **you** have to do
just hold out **your** hand
you're now in command
and some one out there
is waiting for **you**

every day

every day
i learn something
new about my self
every day

i practice what i have learned

every day
i get stronger
so

every day
i live longer

every day

every day
i cherish every day